

SEATED BALLOON OR BEACH-BALL VOLLEYBALL

This activity can be done by just one person, or it can become a fun group activity.

Benefits »

- ⦿ Improves eye–hand coordination.
- ⦿ Develops reaching skills.
- ⦿ Strengthens back extensors.

Set It Up »

You will need balloons or beach balls. Set out groups of four or five chairs in small circles.

How to Do It »

- ⦿ Give the groups a goal. First group to 10 volleys without their balloon hitting the floor is a good first goal.
- ⦿ Use the following cues.
 - Which group can do it first? Ready, set, go!
 - Keep the abs in whenever you reach.
 - Use your Venus de Milo arms!
 - Tap the balloon to your neighbor on the right.
 - Tap the balloon to your neighbor on the left.
 - Keep your eye on the ball when you are waiting for it.
 - Tap it to where you want it to go.
 - Make the push with your whole arm.

Give It More Balance »

- ⦿ One Big Happy Audience: The group should be sitting fairly close together. Send out one or several balloons over the group. Their mission is to keep all the balloons in the air as long as possible.
- ⦿ Divide the room in half. The contest is between the right side and the left side.
- ⦿ Play while singing. Try the song *Row, Row, Row Your Boat*. Each group starts at a different verse. They must sing and keep the balloons up. It's chaotic and fun.
- ⦿ Use glow-in-the-dark balloons. This is an intermediate activity because the lights need to be turned down low, which may make some people dizzy. Warn them of this possibility.
- ⦿ Put up a net using see-through fabric or even a rope. Two to four people on each side will keep it lively.

Keep It Safe »

Know your group. Start easy, and stay easy enough for everyone to play.

Live It »

Physical activity should be fun. Eye–hand coordination is good skill practice and the beach ball makes it fun and social. It's a chance to laugh and work as a team.